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Protein

For Building Muscles and All Tissues

Rats from the same litter, 11 weeks old



This rat had good protein but not enough. It weighed 70 grams



This one had enough protein but of a poor kind.
It weighed only 65 grams



This one had good protein and plenty of it. It grew normally
and weighed 193 grams

Good Protein Foods



Milk, all forms
Cheese

Eggs
Meat, lean, all kinds

Poultry, all kinds
Fish. Shellfish